

# LAMBETH COMMUNITY FUND

## IMPACT REPORT

Tideway's 2022/23 community fund for Lambeth supported local charities to support people in the borough, particularly young people and families. Four projects have been funded, three of which have completed. The fourth is due to complete in October 2023.

### Waterloo Community Theatre – Bridging The Gap

This community theatre company was forced to suspend its operations for four months because of a lack of funding and Tideway's grant allowed it to re-start with 30 drama and theatre-making sessions for almost 30 seven to 17-year-olds under the theme of 'bridging the gap'.

The sessions, split across 7 to 11 and 12 to 17 age groups, took place weekly at the St John's Community Centre in Waterloo and consisted of drama games, improv, conversations and exploring and developing material to devise a production. WCT used



the blueprint for the subsequent play *Brainstorm* by young people from Company Three, which explores the teenage brain.



WCT founder Anna Glarin said: "Although we have established groups of young people we have worked with for a long time and know well, we recruited a group of new participants as a result of the support from Tideway, and they integrated really well into our groups."

"It is particularly wonderful that some are home-schooled and therefore do not have access to meeting many other young people, and that some have extensive special needs, yet fit in really well in our groups."

**"I love it because I can express myself and laugh without being judged."** One of the 12 to 17-year-old participants

"All the young people who attended said that taking part helped them feel more able to express themselves in creative ways."

100% of the group report they have improved confidence as a result of attending, 95% report they have improved mental wellbeing, 90% report they have made new friends and connections.

Anna added: "We know we offer a vital service to young people which is unusual and unique, partly because we do not charge fees and are not selective in any way, but this in turn also means we are unable to run without external funding. We thank Tideway for the support they have given us for a few months!"

**"I come to drama to be more brave."** One of the seven to 11-year-old participants

### The Remakery - Together Towards Net Zero



The Tideway grant supported two workshop programmes for 16 people on the Moorlands and other Brixton estates to explore ways to make savings and use fewer resources to reduce their carbon use through clothes refashioning and energy saving.

The first programme was 'Make and Refashion', focusing on re-using textiles – the volume of water required to make items of clothing using cotton can be anywhere between 2,000 and 10,000 litres, with the average item of clothing only being used seven times in its lifecycle.

The first session included an introduction to the sewing machine and later sessions explored patching, printing and other techniques of creatively enhancing textiles. It culminated in a successful event that involved more than 80 people, where garments created were displayed.

The project was shared online with the aim to get other communities to replicate the project – you can read more about it here.

**"This work gave me a strong will to keep thinking about ways to upcycle clothes."** Refashion course participant

The second programme involved six community workshops called Save your Pennies, Save the Planet, which showed almost 50 local people how to save energy with cost-saving projects. Attendees learned about heating systems and areas of heat loss within homes, were given practical strategies to reduce energy consumption and lower utility bills, created draft excluders and learned how to install double glazing film.

They also learned how to create slow cooker boxes, using second-hand pillowcases with filling sourced from other

reclaimed materials such as old duvets, pillows, or upholstery foam.

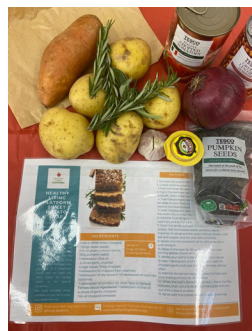
The Remakery said: “By incorporating reused materials into the workshop, we reduced the demand for new resources, minimised waste generation and promoted a circular economy mindset. We aimed to inspire participants to adopt similar approaches in their daily lives.”

You can read more about the workshops here.

## Unity Matters - Munch, Brunch, Story & Rhyme Time

A grant to local community group Unity Matters funded weekly ‘munch, brunch, story and rhyme time’ sessions for 71 low-income families at Streatham and South Lambeth libraries. They involved interactive stories and songs followed by a healthy brunch and a take-home recipe kit.

The 10 sessions included an interactive story and song time using puppets and props, followed by a healthy brunch. Parents took home a recipe kit with all the ingredients to make a meal for the family. The kits, provided by Lambeth organisation Healthy Living Platform, were vegan and nutritious and included a range of money saving recipes and ideas.



The number of families engaged was well over the target of 40 families and Unity Matters were delighted with their success: “Parents enjoyed sharing brunch with each other and getting to know each other.

“The space in both settings were perfect for this activity and created a nice link to the library as all families signed up to get a library cards, everyone received a bookstart pack and future information about events going on locally.

“The energy and atmosphere was such a positive one, parents would leave appearing very relaxed and happy with the activities, over brunch there were many conversations and friendships created. For some families it was their first step into local services available to them, so it proved to be a stepping stone for other support.”

## East Africa Association – sports and mentoring

The East Africa Association helps young Somali boys from low-income families in Streatham and the Tideway Community Fund grant supported sports coaching, fitness, nutritious eating and mentoring sessions.

The sessions began in April 2023 and are due to complete in October 2023. We will report on its impact once the programme has completed.



**“Food is a lovely add on to an already lovely session, especially considering how expensive shopping is at the moment.” Parent**